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Your doctor recommends preventing the flu.

Get a flu shot every flu season to stay healthy. You need a flu shot every year because the flu virus may change each year.

Call your doctor or a clinic today if:

- You have diabetes, heart disease, asthma, kidney disease or cancer and need a flu shot.
- You have a high fever (over 100 degrees F)
- You have chills and shakes.
- You have a dry cough.
- You have a headache or body aches.
- You have a sore throat.

If you have an allergy to eggs, talk to your doctor before getting the flu shot.



Reasons to Get the FLU SHOT

- 1 The flu is highly contagious and can be dangerous.** Even for those who are healthy and active.
- 2 The flu shot is safe! You can't get the flu from the shot.** The flu vaccine helps your body produce antibodies that protect you from the flu.
- 3 Your shot may be FREE!** Both **Medicare** and **TRICARE** (Military) pays for the flu shot. For more information about Medicare benefits, call 1-800-633-4227 or visit www.medicare.gov. For more information about TRICARE benefits, call 1-800-444-5445 or visit www.TRICARE.mil.
- 4 You can get the flu shot any time during flu season** (typically October-March).
- 5 Finding a flu shot provider is simple and easy!** To find a clinic in your local area, call **1-800-277-4687** or visit the SC DHEC Flu Clinic Finder online at www.scdhec.gov/flu/clinics.asp.
- 6 Your doctor recommends preventing the flu.** Get a flu shot every flu season to stay healthy.



Reasons to Get the FLU SHOT

South Carolina Coalition for Older Adult
IMMUNIZATION

 **The Carolinas Center**
for Medical Excellence
Improving health care quality since 1983



South Carolina Department of Health
and Environmental Control

We promote and protect the health of the public and the environment.
www.scdhec.gov



protect *yourself.*
protect *your family.*
prevent the flu.

www.scdhec.gov/flu

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The flu is highly contagious and can be dangerous.

The flu can be very dangerous, even deadly, for people 50 years of age and older. That's why almost all older adults should get a flu shot. If you suffer from diabetes, heart disease, asthma, kidney disease or cancer, the flu puts you at even higher risks of health complications.

Flu shots are safe, and they work. When you get one, you help yourself and those around you.



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You can't get the flu from the shot.

It's safe! The flu vaccine helps your body produce antibodies that protect you from the flu.

The flu shot may produce minor side effects like redness, soreness or swelling where the shot was given; and/or a low grade fever and aches. However, these symptoms should not be mistaken for the flu.

It is important that you tell your doctor or health care provider about any severe or life-threatening allergies you may have before getting the flu shot. If you have an allergy to eggs, talk to your doctor before getting the flu shot.



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Your shot may be FREE!

Both Medicare and TRICARE (Military) pay for the flu shot.

Remember that Medicare Part B pays for flu shots. You can get your flu shot from your doctor's office or health care provider. You can also get a flu shot at:

- Senior centers
- Health clinics
- Health departments
- Some pharmacies



For more information about **Medicare** benefits, call **1-800-633-4227** or visit **www.medicare.gov**.

If you are enrolled in a Medicare Advantage plan, please contact your representative to learn whether your plan requires you to visit a certain provider for your flu shot.



TRICARE (Military) covers flu shots that are administered in a doctor's office during a visit for acute or chronic conditions or during other TRICARE-covered preventive care services. If you are a TRICARE for Life enrollee, Medicare will cover your flu shot, and TRICARE will become the second payer as needed.

For more information about **TRICARE** benefits, call **1-800-444-5445** or visit **www.TRICARE.mil**.

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You can get the flu shot any time during flu season.

Many coughs and colds are commonly believed to be "the flu," but the flu is really an illness caused by a certain virus. With the flu, you usually get sick suddenly and have a fever, dry cough, sore throat and body aches. You can get the flu shot any time during the flu season (typically October through March).



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Finding a flu shot provider is simple and easy!

The South Carolina Department of Health and Environmental Control offers flu shots through their clinics. To find a clinic in your local area, call **1-800-277-4687** or visit the SC DHEC Flu Clinic Finder online at **www.scdhec.gov/flu/clinics.asp**.

